

# Healthy WorkLife for Youth

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Alexandria, VA



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

# Grant Team

- Research Team
  - Rebekah K. Hersch, Ph.D.—Project Director
  - Royer F. Cook, Ph.D.—Senior Scientist
  - Tracy L. McPherson, Ph.D.—Research Scientist
- Worksite Partner
  - Large Health Care Facility



# Goals

- Phase I
  - Customize HWL Program with Management Input
  - Conduct Focus Groups and Pilot Test with Young Adult Sample
  - Modify the HWL Program
  - Implement Promotional Campaign and Recruit Participants
  - Conduct Baseline Data Collection
- Phase II
  - Implement HWL Program with 10 Groups of 15 Participants (4-6 one-hour sessions)
  - Conduct 2 Posttest Surveys
  - Conduct Process Evaluation
  - Complete Data Analysis and Reporting



# Target Population

- Diverse population of young adults ages 18 to 25
- Worksite young adult population (~ 900)
- Job categories include health care (nursing, lab, technicians); administration; food service; and maintenance



# Implementation History

- 25-year history of workplace-based substance abuse prevention and health promotion research and development
- NREPP Model Program (Healthy Workplace): set of 5 program interventions rigorously evaluated in 5 different studies
- Program implementation in diverse worksites and industries
- Healthy WorkLife: an extension of the Healthy Workplace program material adapted for young adults is currently being developed under a NIDA contract



# Primary Components

- Stress Management
- Tobacco Use
- Nutrition/Weight Management
- Substance Use



# Delivery Mechanism

- HR or Wellness Trainers
- Small Group Training (4 to 6 one-hour sessions)



# Products

- Video/DVD-Based Program
- Trainer Manual Accompanying Print Materials





# Expected Intermediate and Long-Term Outcomes

- Improvements in substance use attitudes and behaviors
- Improvements in nutrition attitudes and behaviors
- Improvements in coping and stress relief strategies
- Reduction in outward expressions of anger
- Lower rates of turnover and absenteeism

